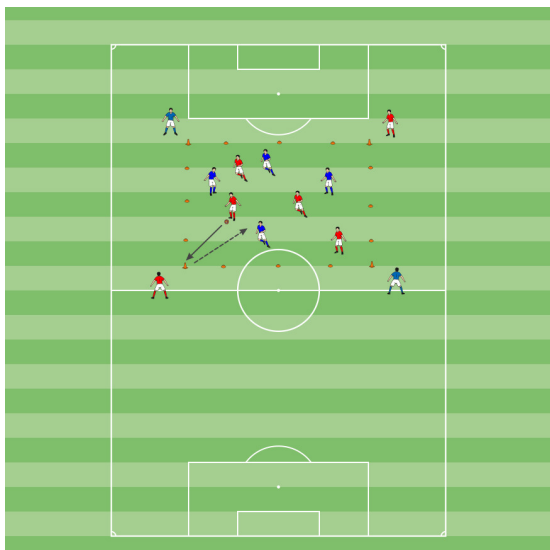


TRAINING EXERCISE

Two Target Possession



Objective







Score a point by passing to a team mate in either corner

Description

Set up an area of 30x30. 2 teams. 2 players from each team stand on opposite corners of the area. 4 players from each team try to keep possession in the middle and play the ball to one of their team mates in the corner of the area. If they play the ball into their team mate, they score a point and the person who plays the pass switches with the player in the corner. The player in the corner who received the ball comes into play and tries to work the ball to the opposite corner with his team mates. If the defending team win the ball they must try and do the same. Progressions: limit number of touches, have to make a certain number of passes before playing to a team mate in a corner

Key Points

Movement into space to make triangles, do not rush pass to corner player; create openings, aware of team mates and defenders positioning, move the ball fast, be vocal, open body shape

	Possession Combination Play Passing and Receiving Switching Play
	U14 to Senior
	10 to 14 Players
	Cones, Balls
	Intensity: 9
	15:00 min (1 x 15:00 min, 00:00 min rest)